

Team Lead by Dr. Vikram Sharma

Renowned doctor from Rajasthan in the field of Arthroscopy, Sports injuries and Sports medicine. A wide experience of 10 plus years in the Field with more than 3000 documented Arthroscopic surgeries including international exposure. The pioneer doctor behind the formation of Thar Association of Sports Medicine and actively associated with Indian Association of Sports Medicine as Vice President. He is an Accredited Sports Medicine Consultant with BCCI and International Olympic Committee.

Experience and Specialization

M.S.Orthopedics, Diploma Sports Injuries(U.K.)

Fellowship Shoulder Arthroscopy (U.K.)

Fellowship Arthroscopy and Sport Medicine, University of Pittsburgh U.S.A.

Diploma Sports Medicine (International Olympic Committee).

Dope Control Officer BCCI- IDTM.

President, Thar Association of Sports Medicine.

Vice president, Indian Association of Sports Medicine.

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Other Domains and Specialities of SPORTSMED



Life Style Injuries



Dancing Injuries



Orthobiologics Center



Cartilage Center



Sports Rehab and Performance Enhancement



Patient Education & Social Awareness



Customized Ligament Injury clinic



Young Athlete Clinic



Laser assisted Arthroscopy



Woman Athlete Clinic



Injury Prevention



Cost Effective Package

KNEE PAIN



A Complete Arthroscopy, Sports Injuries
& Sports Medicine Centre
at



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KNEE PAIN

The knee joins the thigh bone (femur) and the shin bone (tibia). A small, thin and long bone (fibula) runs along the tibia and the kneecap (patella). Bone surfaces of the knee are covered with a cartilage. Ligaments are elastic ropes required to provide stability to the knee by joining the knee bones. Menisci are two, cushion like structures inside the knee joint, needed for stability, shock absorption, and nutrition of the joint.

Knee joint helps in mobility and rotating movement. It acts as a hinge and allows the lower leg and foot to move back and forth flexibly while walking, bending and sitting. It enables great stability while standing up.

Common Knee Injuries And Conditions

Knee injuries

- ACL injury (anterior cruciate ligament)
- PCL injury (Posterior cruciate ligament)
- Collateral ligament injury
- Meniscal tears
- Fracture & Dislocation

Knee diseases

- Osteoarthritis or Degenerative arthritis
- Rheumatoid arthritis

SYMPTOMS

- Locking of the knee (घुटने का लटकना)
- Knee instability (घुटने अस्थिरता)
- Pain & Swelling
- Knee Pain

TREATMENT

Minor Injury

In case of a mild tear in the ligament, slight meniscus tear-strengthening exercises are performed to treat the injury.

Major Injury

In case of major injuries like torn meniscus, torn or damaged ACL or PCL, swollen lining of the joint, a fracture in the knee bone etc, knee arthroscopy surgery is performed.

Knee Arthroscopy Surgery is a minimal invasive surgery in which the doctor makes a small incision through the skin to have a clear view of the knee joint. A small camera called the Arthroscope is inserted. The camera displays pictures on the monitor which helps the surgeon perform the surgery.

Immediate Treatment After Sports Injury

Follow the **RICE** protocol to relieve knee pain.

- R**est and protect the injured area. Do not walk and strain your knee.
- I**ce can reduce swelling and therefore apply ice to the affected area for 20 to 30 minutes, 2 to 3 times a day.
- C**ompression dressings should be used to immobilize and support the injured knee.
- E**levate the foot by reclining it up, above the waist for the first 48 hours.

Osteoarthritis

Osteoarthritis is a degenerative joint disease caused due to aging. It is a chronic disorder that damages the tissues and cartilage surrounding the joint. This disease mostly affects the older people.

SYMPTOMS

Symptoms of degenerative arthritis are:

- Pain
- Swelling
- Stiffness in the joint

TREATMENT

The main aim of providing treatment for osteoarthritis knee is to relieve the person from pain and improve mobility.

Mild Stage

- Weight loss
- Strengthening exercises
- Painkillers
- Physiotherapy
- Drugs for cartilage nutrition

Moderate Stage

- Joint injections such as hyaluronic acid injection
- Arthroscopic debridement & lavage
- Stem cell therapy

Advanced Stage

- Replacement of the joint

Prevention Of Knee Injuries And Diseases

- Maintain good bone mass by following a healthy and nutritious diet.
- In case of knee injuries, do not avoid symptoms like instability, locking or continuous pain.
- Practice low impact exercise like cycling, swimming, and walking.
- Regular muscle strengthening exercises are beneficial.
- Avoid sitting with your legs crossed, avoid squatting, and avoid strenuous activities which may damage your joints.

Points To Remember

- Never massage or apply heat on the injured area.
- Do not ignore symptoms like continuous pain, locking, instability, and weakness in the knee joint, consult a doctor immediately.
- Neither perform strenuous exercises nor live a sedentary life.

Famous personalities who recovered from shoulder injury



Tiger Woods, an American professional golfer, underwent many knee surgeries during the year 2002 to 2008, including surgery on the anterior cruciate ligament (ACL) and a reconstructive surgery on the ACL in his left knee.

Saina Nehwal, an Indian badminton player underwent a knee surgery last year (2016) as she fractured her infra patellar spur and suffered severe anterior knee pain.

Mohammed Shami Ahmed, an Indian cricketer suffered a tear in the left knee during one of the tournaments in the year 2015 and underwent an arthroscopic corrective knee surgery.